

Healthy volunteers are needed for studies of MS and other diseases of the brain and spinal cord



**For more information,
Call the Neuroimmunological
Diseases Unit
Office: 1-301-496-0586
TTY: 1-866-411-1010
Or go online,
www.clinicaltrials.gov
Refer to study #09-N-0032**

Address:
NIH Clinical Center
10 Center Dr. Bldg. 10
Bethesda, MD 20852

Metro:
located on the Metro red
line, Medical Center stop

Description of the study:

- Cells of the body's immune system can damage the brain and spinal cord in multiple sclerosis (MS) and related diseases. Many people with such diseases do not receive a quick diagnosis and ideal treatment. This is because some of the tests we currently use to diagnose these diseases were developed many years ago and are not very accurate.
- It is not possible to identify inflammation in the brain or spinal cord from a blood sample. The brain and spinal cord fluid is required. This fluid is called cerebrospinal fluid (CSF).
- Researchers at Neuroimmunological Diseases Unit are studying new ways to help diagnosis and treat these diseases. We can't create new tests without CSF samples from healthy donors. We use healthy donor samples to find the normal range of values for each new test of the CSF. The CSF is collected through a procedure called a lumbar puncture or spinal tap.

How is a lumbar puncture performed?

- Your lower back will be washed and a local anesthetic will be injected into the skin to make it numb. A needle will be inserted through the numbed skin and into the space between the bones in your back, about 1 inch below the end of your spinal cord, into an area where CSF collects. Approximately 2 tablespoons of CSF will be collected through the needle. This is the amount of CSF that body produces in about 1 hour.
- The outpatient visit to NIH for the lumbar puncture will take about one-half day. The lumbar puncture itself takes about 20 minutes. You will rest in the clinic for 60 minutes afterwards.

You may be eligible if you:

- Do not have multiple sclerosis
- Do not have any significant medical condition that might make the lumbar puncture difficult to do or unsafe, such as if you are taking blood thinners or if you have a clotting disorder, scoliosis, or spine deformities.
- Are 18 to 75 years of age
- Are not pregnant or breast feeding

There is no cost to take part in this study. You will be compensated for your research related discomfort and inconvenience in accordance with NIH guidelines.

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